

USING THE PRINCIPLES OF WITNESSING

Life has become a repetitive mechanical process. We follow the same sequence of activities day in and day out. We behave like robots, not humans. The pressures of society have molded our behavior to an invariable pattern. The same song keeps playing until finally the record breaks down.

The art of witnessing is a spiritual method devised by the ancient sages to help create awareness of the soul. Buddha mastered the technique of witnessing. To be a witness, you simply have to become an observer of activities. Just watch. Do not judge; do not become emotionally involved.

Life is very beautiful, precious, and magical. Every second, thousands of miracles are taking place all around us. Since our inner eyes are shut, we remain oblivious. When we pass by a flower, we do not realize its beauty. Stop for a moment and fix your attention on the flower. Don't look at the flower with preconceptions; don't judge the flower. Just become one with the flower. You will experience oneness with the beauty of the flower.

From now on, resist the impulse to perform your tasks in the usual mechanical manner. Do them as a witness. All you have to do is witness the event. If you have to play a role in the daily events, play your role but observe yourself.

When you wash your face in the morning, look at yourself in the mirror and remind yourself, "Today, I will only witness events. I will witness my role as a parent; I will witness my role as an employee; I will witness my role as a child; I will witness all my activities of the day."

When you see your children in the morning, remind yourself that these children are not really yours. They are simply passengers on the same journey. They are also individual souls who have come to earth for a short time. Fulfill your responsibilities to them, but as a witness. When they go to school, don't worry about them. Transfer the focus of your observation to the next event.

When talking to your marriage partner, remind yourself that your partner is a temporary companion; you will not be together forever. Give your partner a chance to perform necessary duties. Look at your partner's gestures; observe various moods and reactions. Watch your partner with complete attention. But don't interfere with your partner's actions; you are there only as a witness.

When you arrive at work, recognize that your fellow employees are individual spirits trying to make professional decisions in order to survive. Look at their different reactions when they are confronted with their daily tasks. Once again keep your emotions in check; eliminate your usual bias; don't judge anyone. Don't interfere with their actions. Speak only when you have to and, even then, speak as a witness.

On the way home, calmly observe all the drivers around you. Don't drive angrily or impatiently; you will no longer be a witness. Remind yourself that we are all temporary drivers on a road towards eternity. We are all spiritual brothers and sisters going towards the same destination.

When you start observing others you will be able to see your common mistakes clearly. By observing an event with your inner eyes, you can correct your own behavior towards others. By witnessing the events at work, you will not make the same mistakes as your co-workers. You

will be a better employee and a better human being. You will be a better parent, because you made the effort of witnessing your children's behavior. By witnessing your partner's actions, you will know how to avoid conflicts. You will be a better marriage partner.

Witnessing is a constant process of consciousness. When you drive, drive consciously; when you work, do it consciously. When you are a parent, be a conscious parent. The art of witnessing simply keeps you aware at all times. As you become more aware, you will cease to be prey to your emotions. The more conscious you are, the less you will judge. The more you witness, the fewer mistakes you will make.

The law of karma says, "Every action causes a reaction." By becoming a witness, you immediately become aware of each action you instigate. Your daily activities become a form of meditation for you. You are not giving your emotions or ego a chance to react, since awareness is controlling your actions.

We must also learn to witness our own absent-mindedness. Note all the thoughts that pass through your mind. Memories are aroused; anger, sadness, and bliss succeed each other. Witness all these thoughts passing through one by one. Let all the thoughts merge into your consciousness. The mind is like a crowded highway; as soon as one car passes the next one comes. Let them all keep coming. After a while, the highway of thoughts will start to slow down. So no matter what activity takes place during your day, witness that activity, become aware of it. Let that moment move you towards consciousness.

The art of witnessing is a form of meditation that you can perform throughout the day. It helps your spirit evolve to a higher level. This simple technique can give you access to the soul if you learn to use it in the right way. Take this art seriously and you will see the benefits.